

# Italian Garbanzo Bean Salad

## Ingredients

- 1-1/4 cups canned chickpeas, unsalted
- 2-2/3 cups tomatoes
- 3 tbsp red onions
- 1 tsp jalapeno pepper
- 3 tbsp basil
- 1/4 tsp vegetable oil
- 2-1/2 tsp garlic, minced
- 2-1/2 tsp lime juice

## Notes

**Number of Portions:** 4

**Serving Size:** 1/2 cup

**Nutrition Facts:** 98

calories, 2 g fat, 0.23 g

saturated fat, 218 mg

sodium, 16.57 g

carbohydrate, 5.02 g fiber,

3.2 g sugar, 5.07 g protein

## Directions

1. Rinse chickpeas then place in a large bowl.
2. Medium dice tomatoes, dice onions, small dice jalapenos, chiffonade basil, and add all into a large bowl along with oil, garlic, and lime juice.
3. Mix until combined. Place mixture in refrigerator and let sit for at least 30 minutes before serving.

